



### Special Events at the Senior Center:

**Hearing Check up and Cleaning:** Darin Ducklow of "Miracle Ear" will be here on Wednesday July 7<sup>th</sup> and 21<sup>st</sup>, 2010, from 9:00-3:00pm. To schedule an appointment you must call (608) 829-3777 or toll free 1-800-472-4327.

**Computer Classes:** We are starting computer classes at the Senior Center on Tuesday, July 6<sup>th</sup> and Thursday July 8<sup>th</sup> from 10:30-11:30am, and continuing until August 26<sup>th</sup>, 2010. We have limited computers so please make sure to call the Senior Center to reserve your spot at 437-6902. Wayne Haskins a retired teacher from the Mt. Horeb School District will be teaching the classes. Tuesdays will be for beginners and Thursdays will be for those who are more advanced at using the computers.

**Tom Waselchuk:** He will be performing on July 9<sup>th</sup> at 12:45. He will be playing his guitar and singing. Come enjoy and relax to the sounds of wonderful music. Refreshments will be served.

**Ellestad Funeral Home and Crematory:** Diego Camacho will be here will be speaking on "Funeral Planning" on Monday July 12<sup>th</sup>, 2010 at 12:30. The public is welcome!

**Baraboo Shopping Trip:** On Thursday, July 15<sup>th</sup>, 2010, the bus will be leaving at 9:45AM to go shopping. The cost for the trip is \$3.00 round trip and then eating out for lunch at the Log Cabin, must bring own money for your meal. Please sign up no later than July 13<sup>th</sup>, to make reservation call 437-6902.

**"Christmas in July" Bingo:** On Friday, July 23<sup>rd</sup>, 2010, we will be having Bingo at 12:30, with lots of great prizes and refreshments. Come and join the fun! (*Sponsored by Miller and Sons*)

**Join the Alzheimer's Association of South Central Wisconsin** for a presentation on "Know the 10 Signs: Early Detection Matters". It is rescheduled for Wednesday, July 28<sup>th</sup> at 10:15am. Early detection, diagnosis and intervention are vital because they provide individuals the best opportunities for treatment, support and planning for their future. For more information visit [www.alz.org/scwisc](http://www.alz.org/scwisc)

**Body and Balance:** The Senior Center will be offering a free exercise class sponsored by a grant through the Area Agency on Aging of Dane County. for those who are interested. The class is designed to increase strength, flexibility and balance, so seniors are better equipped to handle activities of daily living, driving and remaining independent. The instructor, Rev. Joan Pape is certified through the International Sports Science Association (ISSA) as a Fitness Specialist for Older Adults and certified to teach "No Falls" classes as adopted by Safe Communities of Dane County. The classes will be held on Friday mornings from 10-11am starting July 16<sup>th</sup> through September 3<sup>rd</sup>. This class is limited to 20 people, so if you are interested please call the Senior Center to sign up at 437-6902.